

	Non-Doshi Appamada Sunday Program	
	<p><i>Non-doshi:</i> Attend to the altar. If needed, before the clappers:</p> <p>Light both altar candles and place a stick of incense on the incense bowl. Check that altar objects and the bowing mat are straight.</p>	
8:00	<p>Final rolldown of clappers. Non-Doshi leader enters and bows to the room, bows, walks to the right of the bowing mat as it faces the altar, offers incense, bows, puts out little candle, returns back to the end of the bowing mat, retracing their steps on the same side of the mat.</p> <p>Three bows.</p>	
	<p>Non-doshi leader steps back, bows to the altar, then toward their zafu, then toward the room. Three bells after they are seated on their zafu or chair.</p> <p>First period: <i>Sangha faces the wall</i></p>	<p>○ ○ ○</p>
	<p>Read quote of the day. One bell at end.</p>	<p>○</p>
	<p>Robe Chant</p> <p>Vast is the robe of liberation, a formless field of benefaction; wearing the universal teaching, I realize the one true nature, thus harmonizing all being.</p> <p><i>Three bells at end.</i></p>	<p>○ ○ ○</p>
8:30	<p>Zazen ends. <i>Two bells. Group stands with hands in gassho.</i></p>	<p>○ ○</p>

	<p>Kinhin: <i>First clapper:</i> Group puts hands in shashu, turns, spaces themselves out.</p>	
	<p><i>Second clapper:</i> Slow kinhin begins. People may leave to use the restroom, latecomers may enter the zendo. 7 min.</p>	X
	<p><i>Third clapper:</i> Fast kinhin begins. 3 min.</p>	X
	<p><i>Final clapper:</i> group puts hands in gassho, proceeds briskly to their seats, stands and waits.</p>	X
8:40	<p><i>Practice leader (if present) bows. Three bells, evenly spaced.</i> Second period: Zazen begins. Sangha faces the wall</p>	<p>○ ○ ○</p>
9:10	<p>Zazen ends. Two bells. Group stands with hands in gassho</p>	○ ○
	<p>Kinhin: <i>First clapper:</i> Group puts hands in shashu, turns, spaces themselves out.</p>	
	<p><i>Second clapper:</i> Slow kinhin begins. People may leave to use the restroom, latecomers may enter the zendo. 7 min.</p>	X
	<p><i>Third clapper:</i> Fast kinhin begins. 3 min.</p>	X
	<p><i>Final clapper:</i> group puts hands in gassho, proceeds briskly to their seats, stands and waits.</p>	X
9:20	<p><i>Practice leader (if present) bows. Three bells, evenly spaced.</i> Third period: Zazen begins. Sangha faces the center.</p>	<p>○ ○ ○</p>

9:50	Zazen ends. <i>One bell. Group waits in study while room is arranged for service and dharma talk.</i>	○
10:00	Service begins: Light the jiko (small) candle. Light a stick of incense, place it in the incensor. At the end, observe some moments of silence. Non-doshi goes to where they will be leading discussion.	
	Someone introduce non-doshi leading discussion.	
	Dharma discussion	
10:50	Ending time approximate. Non-doshi returns to bowing mat with timekeeper's book/stand, bell wo/wood stand, striker, and clappers. Non-doshi: In offering incense, observing silence, and reading <i>[name of reading or topic]</i> we extend compassionate care to: <i>[names of those who are ill or hurt, provided by sangha members. Allow a pause following the names.]</i> And all those who are gravely ill, lacking basic necessities, or suffering violence in the world in thought, word, or deed. May they be serene through all their suffering and may they, together with all beings, realize the awakened way.	■

	<p>Four Noble Truths</p> <p>Caught in the self-centered dream, only suffering; holding to self-centered thoughts, exactly the dream; each moment, life as it is, the only teacher; being just this moment, compassion's way.</p>	<p>o</p>
	<p>Caught in the self-centered dream, only suffering; holding to self-centered thoughts, exactly the dream; each moment, life as it is, the only teacher; being just this moment, compassion's way.</p>	<p>o</p>
	<p>Caught in the self-centered dream, only suffering; holding to self-centered thoughts, exactly the dream; each moment, life as it is, the only teacher; being just this moment, compassion's way.</p>	<p>o o o o o</p>
	<p>Three bows at non-doshi's zafu. No bells unless there is a timekeeper.</p> <p>One bell at start of the bow, bell stop (place hand on bell edge and strike the edge with the clapper) when hands return to the mat, for each bow. Practice leader steps back from mat, standing bow.</p>	<p>o o o</p>
	<p>Timekeeper: <i>[One clap of the clappers]</i></p>	<p>x</p>
	<p>Let us be respectfully reminded: Life and death are of supreme importance. Time swiftly passes by, and with it our only chance; each of us must strive to awaken. Be aware! Do not squander our life. <i>[Two claps.]</i></p>	<p>x x</p>

	<p><i>Timekeeper:</i> Appamada's programs and facilities are supported through your generosity. Thank you for your support! There is a link for contributions on the website at appamada.org</p> <p><i>Two bells. Group fix cushions, exit.</i></p>	
	<p><i>Timekeeper does three bows after everyone has left.</i> Be sure to put out the candle and turn off the lights.</p>	○○

Clappers begin 5 minutes before the start of zazen:

7 sec. 7 7 7 7 7 7 Rolldown 1 hit
X X X X X X X X X X X X X X X

Wait 10 sec.

5 5 5 5 5 Rolldown 2 hits
X X X X X X X X X X X X X X X

Wait 10 sec.

3 3 3 Rolldown 3 hits
X X X X X X X X X X X X X X X

Dim the kitchen lights, wait for the three bells to enter the zendo. On Sundays, lock the kitchen door and unlock the study door.